

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the effect of ginger skin patch and oral capsule on pain severity, stiffness and daily functioning in patients with osteoarthritis of the knee

Protocol summary

Summary

This research is an interventional study to compare the effectiveness of ginger in two ways: skin patch and oral capsules on pain severity, stiffness and daily functioning in patients with osteoarthritis of the knee. The study population consisted of 120 patients who were divided into 3 groups. Each group consisting of 40 people. Each group receives standard treatment for osteoarthritis. In addition to, the first group will receive a daily ginger skin patch for 13 weeks. The second group will receive two capsules daily. The third group is the control group. Inclusion criteria: confirmed osteoarthritis of the knee by orthopedic specialist; 50 years and older. Exclusion criteria: Not consent to continue study or incidence adverse events in each of the samples. Main outcomes: pain severity, stiffness and daily functioning and secondary outcomes: Dosage analgesic.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062722929N1**

Registration date: **2015-08-25, 1394/06/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-25, 1394/06/03

Registrant information

Name

Zeinab Alipour

Name of organization / entity

Ahvaz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 936 154 3132

Email address

alipour.z@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2015-07-11, 1394/04/20

Expected recruitment end date

2015-08-20, 1394/05/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of ginger skin patch and oral capsule on pain severity, stiffness and daily functioning in patients with osteoarthritis of the knee

Public title

Ginger effect on osteoarthritis of the knee

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: The approval of osteoarthritis of the knee by orthopedic specialist; 50 years and older; Lack of regular use of ginger or sensitivity to it; No injection in the joint or joint surgery for at least 6 months ago; Lack of Rheumatism, Diabetes, Cancer, Alzheimer's and Schizophrenia; No wound in mid-lumbar region. Exclusion criteria: Not consent to continue study; Failure to comply with the study protocol; The incidence of adverse events

in each of the samples.

Age

From **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ahwaz University of Medical Sciences

Street address

Ahwaz University of Medical Sciences, Golestan Blvd.,
Ahvaz

City

Ahwaz

Postal code

61357-15794

Approval date

2015-06-20, 1394/03/30

Ethics committee reference number

IR.AJUMS.REC.1394.193

Health conditions studied**1****Description of health condition studied**

Osteoarthritis Of Knee

ICD-10 code

M17

ICD-10 code description

Gonarthrosis[arthrosis Of Knee]

Primary outcomes**1****Description**

pain severity

Timepoint

Before, during intervention, a week after intervention

Method of measurement

Using a visual scale pain

2**Description**

Joint stiffness

Timepoint

Before, during intervention, a week after intervention

Method of measurement

Western Ontario and Mc Master Universities

Questionnaire

3**Description**

daily performance

Timepoint

Before, during intervention, a week after intervention

Method of measurement

WOMAC Questionnaire

Secondary outcomes**1****Description**

Analgesic dose

Timepoint

Before the study, during the study and after study

Method of measurement

Using a questionnaire prepared by the researcher

Intervention groups**1****Description**

The first group, will receive a daily skin patch in the mid-lumbar region for 13 weeks, In addition to their standard treatment. This is a skin patch containing one gram of ginger.

Category

Treatment - Drugs

2**Description**

The third group is the control group. In this group, only standard medication that is prescribed by orthopedic specialist receive. Intervention is not done.

Category

Treatment - Drugs

3**Description**

The second group will receive two capsules daily for 13 weeks, in addition to standard treatment. Each capsule contains 500 mg of ginger.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Afshar Hospital Dezful

Full name of responsible person

Dr.nima yegane (orthopedic specialist)

Street address

Between Beheshti & Ferdowsi street, at the Corner of the Rosta, Afshar Square, Dezful

City

Dezful

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Department of Science and Technology University of Medical Sciences and Health Services, Ahvaz

Full name of responsible person

Dr. Nader Saki

Street address

Central Library, University of Medical Sciences Jundishapur, Golestan Blvd., Ahvaz

City

Ahvaz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Department of Science and Technology University of Medical Sciences and Health Services, Ahvaz

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

School of Nursing and Midwifery, Ahwaz University of Medical Sciences

Full name of responsible person

Dr. Marzieh Asadizaker

Position

PHD of Nursing

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Ahwaz University of Medical Sciences

Full name of responsible person

Zeinab Alipour

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MSC student of nursing

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Web page address

empty

Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty